

## Sept. 24 is Celiac Awareness Day – are you allergic?

Celiac (sprue) disease also is known as gluten-sensitive enteropathy. What was once thought to be an obscure and rare disease now is causing quite a stir.

The more that people are tested and treated for celiac, the more common we are finding this disease to be. In fact, it may account for long-term gastrointestinal symptoms for people who have had problems and even been diagnosed with other disorders.

Celiac disease is a genetic autoimmune disorder that affects children and adults when they eat products that contain a protein called gluten. The gluten sets off an immune reaction in the body that causes damage to the small intestines. Gluten is found in wheat, rye, barley and to a lesser extent in oats.

**It's estimated that up to 3 million people in the U.S. have celiac, with only 150,000 people actually diagnosed.**

It's difficult to diagnose celiac disease because there isn't an easy testing method. Some people are diagnosed by blood work, some by intestinal biopsies

and some by successful treatment with diet modification.

In general, you really have to be looking for the disease to find it, unlike many other disorders that can be diagnosed by general lab work, CT scans or ultrasounds.



The symptoms can be confused with many other abdominal conditions and often patients with celiac are misdiagnosed and treated for other conditions for years before a correct diagnosis is made.

Disease symptoms include abdominal cramping/bloating and distention,

increased appetite, constipation or diarrhea, dehydration, swelling, fatigue, mouth sores or cracks around the lips, muscle cramping, night blindness, dry skin, tooth enamel defects, weight loss, easy bruising, skin rash, muscle spasms, anemia, low blood pressure, skin sensation problems and lactose intolerance.

Treatment is one of the most natural forms of medicine – diet modification. As opposed to many diseases that need to be controlled with multiple medications given by many doctors and specialists, this one is treated entirely by the individual.

To treat celiac disease, you must have a gluten-free diet. Avoiding gluten is harder than it sounds. Multiple websites and cookbooks have information on how to select gluten-free foods.

Some foods that might contain gluten are obvious, like bread, flour, pasta, cereal and crackers. Other foods can contain gluten, such as a food additive or stabilizer, so you need to carefully read food labels, even for things like cheeses, juices, canned vegetables and even soy sauce.

For more information, visit the website [csaceliacs.org/](http://csaceliacs.org/).



### GIG of Lincoln City Support Group

Third Thursday evening of the month

Lincoln City Community Center  
2150 NE Oar Place

Mark your calendar for  
Sept. 15 • 7 p.m.  
Oct. 20 • 7 p.m.

The 1½-hour meetings are a place to receive and offer support to others, find resources and learn new information about living healthfully on a **gluten-free** diet. Topics will be announced.

**Questions?**  
Contact Tina Good at  
503-879-5147 or 503-437-0314

Feel free to share the information and invite friends and family

To use **mail order pharmacy** to order your refills after hours and on weekends: Please call the Siletz Clinic 7-10 days before you need your refills. This allows us time to contact your provider, if necessary, and for mailing.

- Call 800-648-0449; enter 1624 as soon as the clinic's message begins – you'll be transferred to the refill line.
- Or, call the refill line direct – 541-444-9624.

## Be sure you know your roll number

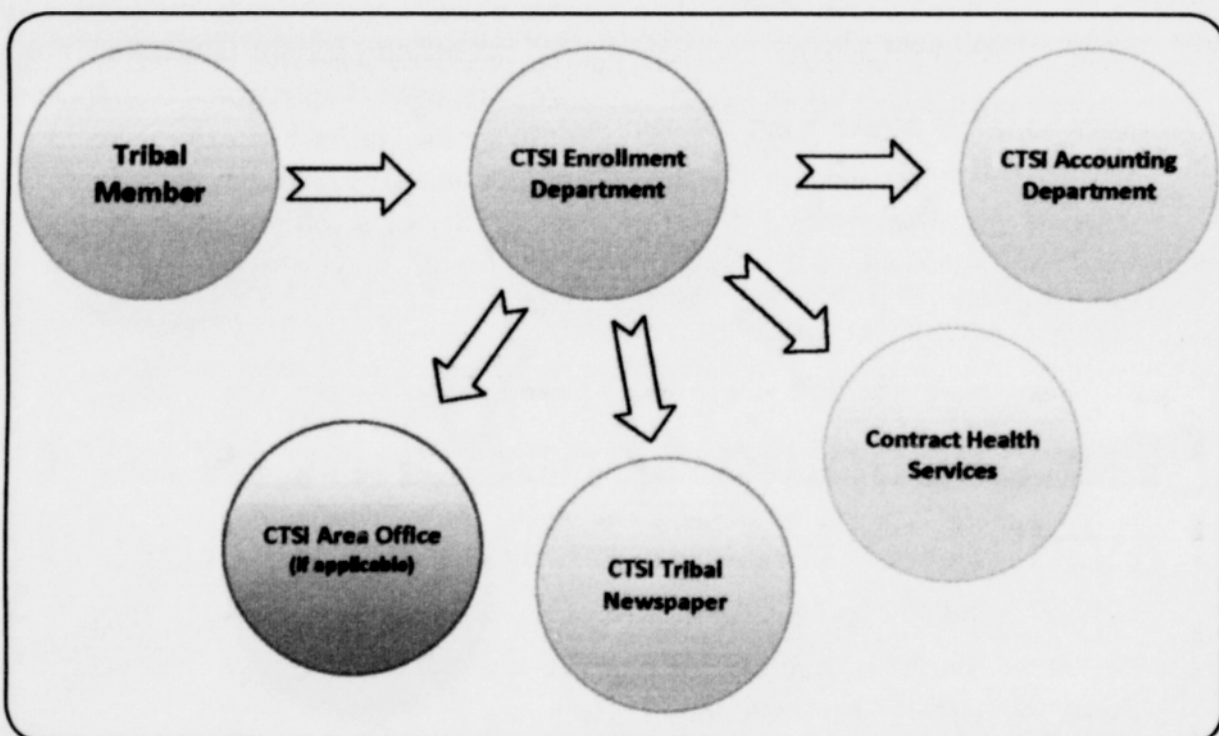
By Angela Martin, Enrollment Clerk

We updated more than 400 Tribal member addresses just in the month of July.

Attempts have been made to update addresses for a family member, spouse, ex-spouse, etc. We no longer will accept updates from anyone other than you unless you have a legal power of attorney, etc., on file with the Enrollment Department.

As a reminder – your roll number is your connection to being a member of the Confederated Tribes of Siletz Indians. Therefore, it's important that you know your roll number.

You can update your information yourself by contacting the Enrollment Department at 541-444-8258 or 800-922-1399, ext. 1258; or by e-mail at [angelam@ctsi.nsn.us](mailto:angelam@ctsi.nsn.us). Please include your roll number with the last four digits of your Social Security number. Otherwise, your information will remain unchanged. This is for your security.



The illustration above shows how your information is affected. The Tribal member contacts the Enrollment Department, which updates the Tribal Accounting Department, Contract Health Services, the labels for the Tribal newspaper and if applicable, the Tribal area office (for example – if you live in Marion County, we would share your information with the Salem Area Office).

## Tribal children need you as a foster parent

Do you value Siletz Native culture and want to help preserve it? If so, please consider fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas. If you are interested, please contact Shawna Henarie, foster care certifier, at 541-444-8275 or 800-922-1399, ext. 1275; or visit [ctsi.nsn.us](http://ctsi.nsn.us), click on Tribal Services, then Employment & Social Services, then Indian Child Welfare.



## Missing Moccasins

Haley	Marie	ARRINGTON	Dominic	Louis	LANDEROS
Trayvon	Lamarcus	BAKER	Josephine	Cristina Rainbow	LOGAN
Robert	Joseph	BRANDT	Rachael	Angelique	LONG
Mark, Jr.	Steven	BREMER	Aimee	Elizabeth	LUCAS
Cheryl	L.	BRONES	Haily	Annamaria	MAGRUM
Ethan	James	CAMPBELL	Brian	James	MCAWARD
Peter, Jr.	Oscar	DEPOE	Joshua	Lee	MCCLINTOCK
Jeremiah	Logan	FLANARY	Kristopher	Michael	MORGAN
Marcello	Riley	GAYTON	Dakota	Joseph	MORTENSON
Shawn	Anthony	GHAN	Bradford	Robert	PRATHER
Christopher	Zane	GREENAWALD	Veronica	Celest	PURDY
Jonathon	Adare	GREENAWALD	Charles	Eugene	RICHARDSON
Zena	Lillie	GREENAWALD	Frank	Lynn	RILATOS
Pauline	D.	HENDERSON	Roberta	Pauline	RUSSELL
Matthew	Thomas	HERZ	Diane	Lee	SERVICE
Amber	Dawn	JORDAN	Paul	Garrett	SIMMS
Clifton	Lawrence	KLAMATH	Doniven	David	TOMPKINS
Cheyenne	Talecia	KLAMATH-	Derreck	Joseph	WILLIAMS
		WILLIAMSON	Chad	Everett	ZIGLER
			Roberta	Suzanne	ZOB



## Enrollment Department



Please contact the Enrollment Department to update your address and telephone number. If you need to update your death beneficiary, we will mail the form to you or you can obtain it on the Tribal website at [ctsi.nsn.us](http://ctsi.nsn.us) (under Government Listings, click on Enrollment and the form is on the right side of the page). You can reach the Enrollment Department staff at:

Angela Martin  
Enrollment Clerk

541-444-8258 or 800-922-1399, ext. 1258  
[angelam@ctsi.nsn.us](mailto:angelam@ctsi.nsn.us)